



SERENITY SLEEP CONSULTING

• • TEMPERAMENT TEST • •

SPIRITED/SENSITIVE

Spirited infants will have highly reactive arousal systems. Often need more of everything; touch, attention, entertainment, and comfort. If they are unhappy even in the slightest they will scream and can be known as “demanding”. They are born knowing exactly what they like and do not like. It can feel draining and daunting to meet a spirited baby’s needs. They are adventure and adrenaline rush seekers. They feel everything with heightened awareness and can seem “ahead” with developmental milestones.

Sensitive infants are more in tune with the stress and feelings of others. They are more aware of outside factors such as light, temperature, and sound. External sources such as light filtering into the room or a dog barking can be easily disruptive in their ability to sleep soundly. They can be alert and wide eyed babies. They sleep best within an ideal sleep environment.

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———— TEXTBOOK/TOUCHY/ANGEL ————

Textbook infants often have predictable moods, are easy enough to please, and fall into the markers for developmental milestones “on time”. You often see them sleep through the night earlier on, hit suggested growth spurts on schedule, and happily engage with smiles during positive interactions. Attending to their needs come with ease.

Touchy infants are more aware of sensory input, they can startle easily to sound or motion. They can react negatively with increased stimulation such as multiple people holding them. They enjoy sucking to soothe, turn away from the brightness of lights and become upset with a soiled diaper. They have a hard time going with the flow and crave predictability and routine. Calming a touchy baby can be done when you recreate the womb environment (white noise, optimal temperature, mama smell/comfort, black out).

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ANGEL/GRUMPY

Angel infants are exactly as they sound, “perfect” and easy going. They feed easily, sleep well, and entertaining them is a breeze. They are content to play solo and seem to go with the flow. Reading their cues is easy for anyone and if they do become upset its a quick fix to calm them down.

Grumpy infants are known to be old souls. They can be hard to crack a smile. Nothing seems to make them giddy and they can dislike being changed or bathed. When they are upset it can take work to clam them down. They always have a “look” as if nothing satisfies them.

Babies can exhibit traits from multiple categories. A baby who is spirited and sensitive can be a difficult combination, but they can also have positive traits. Temperament combinations make each baby unique to themselves.

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TEST INSTRUCTIONS

For each question pick the answer that best suits your baby most of the time. You may find two answers apply but choose the answer you feel occurs most often. Avoid overthinking and go with your gut/initial response. Track your answers and tally them at the end.

1. My baby

- A. Rarely cries
- B. Cries only when hungry, tired, or overstimulated
- C. Cries for no apparent reason
- D. Cries very loudly, and if I don't attend, they quickly cry in rage
- E. Cries a lot of the time

2. When it's time for my baby to go to sleep, my baby

- A. Lies peacefully in the crib and drifts off to sleep
- B. Generally falls asleep easily within 10-20 minutes
- C. Fusses a bit, seems to be drift off, but then keeps waking up
- D. Very restless and often needs to be swaddled or held
- E. Cries a lot and seems to resent being put down

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3. When they wake up in the morning, my baby

- A. Rarely cries, plays in the crib until I come in
- B. Coos and looks around
- C. Needs immediate attention or they start crying
- D. Screams
- E. Whimpers

4. My baby smiles

- A. At everything and everybody
- B. When prompted
- C. When prompted, sometimes starts to cry within minutes of smiling
- D. A lot, also very vocal, tending to make very loud baby noises
- E. Only under the right circumstances

5. When I take my baby on any kind of outing, my baby

- A. Is extremely portable
- B. Is okay as long as where I take them isn't too busy or unfamiliar
- C. Fusses a great deal
- D. Is very demanding of my attention
- E. Doesn't like to be handled a lot

6. When confronted by a friendly stranger cooing, my baby

- A. Immediately smiles
- B. Takes a moment and then usually smiles fairly quickly
- C. Is likely to cry at first, unless the stranger can win her over
- D. Gets very excited
- E. Hardly ever smiles

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7. When there's a loud noise (dog barking or door slams), my baby

- A. Is never rattled
- B. Notices it but isn't bothered
- C. Flinches visibly and often starts to cry
- D. Gets loud
- E. Starts to cry

8. When I first gave my baby a bath

- A. They took to the water like a duck
- B. A little surprised at first, but liked it almost immediately
- C. They were very sensitive, shook a little and seemed afraid
- D. They were wild, flailing about and splashing
- E. Hated it and cried

9. My baby's body language is typically

- A. Relaxed and alert almost always
- B. Relaxed most of the time
- C. Tense and very reactive to external stimuli
- D. Jerky, their arms and legs are often flailing all over the place
- E. Rigid, arms and legs are often fairly stiff

10. My baby makes loud, aggressive noises

- A. Once in a while
- B. Only when playing and is highly stimulated
- C. Hardly ever
- D. Often
- E. When angry

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11. When I change my baby's diaper, bathe or dress them

- A. They always takes it in stride
- B. They are okay if I do it slowly and let them know what I'm doing
- C. Often cranky, as if they can't stand being naked
- D. Wiggles a lot and tries to pull everything off the changing table
- E. Hates it - dressing is always a battle

12. If I bring my baby into bright light (sunlight or fluorescent) they

- A. Takes it in stride
- B. Can sometimes act startled
- C. Blinks excessively or tries to turn their head away from the light
- D. Becomes overstimulated
- E. Acts annoyed

13a. If you bottle-feed: When I feed my baby, they

- A. Always sucks properly, pays attention, often eats within 20 mins
- B. A little erratic during growth spurts but generally a good eater
- C. Very squirmy and takes a long time to finish the bottle
- D. Grabs at the bottle aggressively and tends to overeat
- E. Often cranky and feedings take a long time

13b. If you breastfeed: When I feed my baby, they

- A. Latches on immediately, how it was right from day one
- B. Took a day or two to latch properly, but now we do fine
- C. Always wants to suckle but goes on and off the breast
- D. Eats well as long as I hold them the way they want me to
- E. Gets very annoyed and restless, as if I don't have enough milk

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14. Communication between my baby and I feels like

- A. They always lets me know exactly what they need
- B. Most of the time their cues are easy to read
- C. They confuse me; sometimes even cries at me
- D. They assert their likes and dislikes very clearly and often loudly
- E. Usually gets my attention with loud, angry crying

15. At a family gathering with a lot of people holding them, my baby

- A. Is very adaptable
- B. Is somewhat selective about whom they'll go to
- C. Cries easily if too many people hold them
- D. Might cry or lurch out of someone's arms if feeling uncomfortable
- E. Refuses anyone's arms except Moms or Dads

16. When we come home from any kind of outing, my baby

- A. Settles in easily and immediately
- B. Takes a few minutes to get acclimated
- C. Tends to be very fussy
- D. Often overstimulated and hard to calm down
- E. Acts angry and miserable

17. My baby

- A. Can amuse themselves for long periods by staring at anything
- B. Can play on their own for around fifteen minutes
- C. Finds it hard to be amused in unfamiliar surroundings
- D. Needs a lot of stimulation to be amused
- E. Is not easily amused by anything

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18. The most noticeable thing about my baby is how

- A. Incredibly well-behaved and easy they are
- B. They are developing on schedule, just like the books stated
- C. Sensitive to everything
- D. How aggressive they can be
- E. How grouchy they can be

19. My baby seems to

- A. Feel utterly safe in their own sleep space (bassinet/crib/cot)
- B. Prefer their sleep space most of the time
- C. Feels insecure in their sleep space
- D. Acts feisty as if the sleep space is a prison
- E. Hates being put down into their sleep space, fuss/cries instantly

20. A comment that best describes my baby is that

- A. You hardly know there's a baby in the house, they are golden
- B. They are easy to handle, easy to predict
- C. They are a very delicate or sensitive little thing
- D. I fear when they begin to crawl, they will get into everything
- E. They are an "old soul", acts like they have been here before

Write A, B, C, D, and E on a piece of paper, count how many times you've used each letter, which denotes a corresponding type.

A's = Angel baby

B's = Textbook baby

C's = Touchy baby

D's = Spirited baby

E's = Grumpy baby

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Knowing which temperament traits your baby exhibits the most can help determine the best route to take when it comes to meeting their individual needs.

If you've already successfully sleep trained or had a great sleeper from the start, and your baby adapted to the new routine like a pro, you may have a textbook or angel baby on your hands (or a combination of traits with easier characteristics being more dominant).

If you've attempted to support your baby in the sleep department but feel you've tried everything, you may be missing a puzzle piece. This can be especially true for babies who fall into the spirited or sensitive category. If you feel you've done it all without positive outcomes, you likely would find success through the support of working 1:1 with a sleep consultant

Since having two of my own babies I am well aware that spirited and sensitive babies require unique approaches to improve their sleep. Due to my personal experience I developed a passion to meet the needs of spirited baby's. I completed additional courses and experimented with my own techniques to support my children in the sleep department (with success).

If you're struggling and desperately want your baby or toddler to achieve the sleep they need and deserve, connect with me over a Discovery Call to discuss how I can support your family.

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